



BALANCE

Mediterranean Spa by Valamar

VALAMAR CAROLINA HOTEL & VILLAS

ESCAPE INTO THE MEDITERRANEAN

Blending Mediterranean heritage with the healing properties of the sea and authentic ingredients, we pay homage to this mesmerising destination. Our selection of treatments, massages and rituals are inspired by the culture, local traditions and nature's own ancient Mediterranean.

SPA ZONE

Immerse your senses in the Spa sanctuary of calm and tranquillity of our Spa zone. Unwind in style with Finnish sauna, steam bath, jacuzzi, outdoor pools, relax room and Organic Bar offering fresh fruit, nuts, teas and flavoured water.

BEAUTY TREATMENTS

These signature face and body treatments combine home-sourced ingredients such as sea salt, olive oil and lavender to offer authentic Mediterranean experiences.

MASSAGES AND RITUALS

Authentic and individually designed to relax you completely or boost your energy, the Spa's massages incorporate precise and balanced techniques.

SPA ETIQUETTE

In order to make your stay in our Wellness center as pleasant as possible, please read the following instructions before using any of the services and keep them in mind during your stay.

1. All the facilities and services in the Balance Mediterranean Spa by Valamar are used at your own responsibility.
2. We cordially ask you not to disturb the peace and quiet and the relaxing atmosphere. Respect the intimacy and privacy of the people around you. Loud conversation is not appropriate.
3. If you want to cancel an appointment, please do so at least 6 hours in advance, otherwise we will charge 50% of the service value.
4. In the Wellness area, it is not permitted to: smoke, consume alcohol or use mobile phones or cameras.
5. Do not bring valuables and money with you into the Wellness center as the hotel will not be responsible for them.
6. Prior to using the Wellness facilities, please try to avoid: eating a short time before using the SPA, depilation (may cause reactions on the skin), perfumes (because of allergic reactions), jewellery.
7. If you have not done so upon making your reservation, we cordially ask you to inform your therapist about any health issues or conditions that might affect your treatment.
8. Children under the age of 16 must be accompanied by their parents in the Wellness area.
9. Robes and towels should be used in the SPA zone (not swimsuits) along with slippers.
10. Out of consideration for our guests, we cordially ask you to stick to the stated sauna rules. Pre-showers and an underlying towel in the sauna are prerequisite.
11. Please note that the reservation of daybeds is not permitted and our Wellness team reserves the right to remove towels from reserved loungers.

IF YOU HAVE ANY QUESTIONS OR PROBLEMS, INQUIRE WITH THE PERSONNEL - THEY ARE HERE TO HELP YOU.



FACIALS

Give your face the care and protection that will deeply nourish it and defend it from the harmful effects of the environment. The cosmetics created as a combination of nature and science will provide your skin with a feeling of softness, lightness and regeneration. The abundance of organic ingredients balances your skin with nature and draws the best out of it.

ORGANIC OLIVE ANTIAGING MASSAGE



Refreshing anti age massage for all skin types, including the most sensitive. Organic local olive based product will regenerate, hydrate and rejuvenate any face. 30'

350 HRK
46,45€

ORGANIC OLIVE ANTIAGING TREATMENT



Intensive universal anti age treatment based on olive pulp. Vast amount of herbal extracts in our local organic products will fight the signs of aging, regenerate and hydrate any skin type. 50'

650 HRK
86,27€

INSTANT REFRESH

Treatment with hydration and antioxidative effect in 5 steps - cleansing, peeling, serum, massage and final cream. 25'

300 HRK
39,82€

GENTLEMAN'S CARE

Refreshing care specially developed for male skin with innovative active ingredient concepts for convincing results, even with visibly stressed skin. 50'

500 HRK
66,36€



HYALU4PLUMP MOISTURISING

A hydro replenishing treatment that refreshes and restores firmness to dry, dehydrated skin. Enhanced with HYALU4PLUMP - 4 different types of hyaluronic acid. 50'

500 HRK
66,36€

DEEP CLEANSING FACIAL

Deep cleansing that restores vigour, balance and compactness to the skin, perfect for oily and combination skin. 75'

700 HRK
92,91€

TIME TO SHINE

Regeneration of both young and mature skin. The highly effective ingredient complex of active peptides, proteins and matrikines supports the body's own collagen synthesis, restructures and stabilizes collagen fibers. 50'

600 HRK
79,63€

FILLIFT

The anti-ageing treatment inspired by aesthetic medicine to remodel the face and to fight deep wrinkles and fine lines. 75'

750 HRK
99,54€

OMOROVICZA QUEEN HYDROMINERAL

Soothes inflammatory processes on the skin surface, hydrates, drains and has a lifting effect. This facial captures the power of colloidal silver which has been recognised for its anti-bacterial and curative properties. 75'

950 HRK
126,09€



MASSAGES

The nature contained in the fine textures of essential oils that we use in massages absorbs into all the pores of your skin and relaxes your body and mind.

MEDITERRANEAN BALANCE



A body massage with Mediterranean-inspired 100% natural organic oils that nurture all skin types and restore the balance of body and mind.

Partial - back or legs	25'	320 HRK
		42,47€
Full-body	50'	520 HRK
		69,02€
Full-body, face and feet	75'	660 HRK
		87,60€

DE-STRESS



Efficiently releases tension in the parts of the body where it is most frequent, such as your back, neck and face.

Partial - back or legs	25'	370 HRK
		49,11€
Full-body	50'	570 HRK
		75,65€
Full-body, scalp and feet	75'	700 HRK
		92,91€

BLUEFIT SPORT

More profound pressure and specific technique with joint manipulation. This therapeutic massage improves circulation and eases muscular discomforts. 25/50/75'

Partial - back or legs	25'	400 HRK
		53,09€
Full-body	50'	600 HRK
		79,63€
Full-body, feet and stretching	75'	740 HRK
		98,21€

MEDITERRANEAN BREEZE



Laid-back and relaxing, just like the Mediterranean lifestyle, this massage relaxes your body and mind with carefully crafted undulating motions. 50'

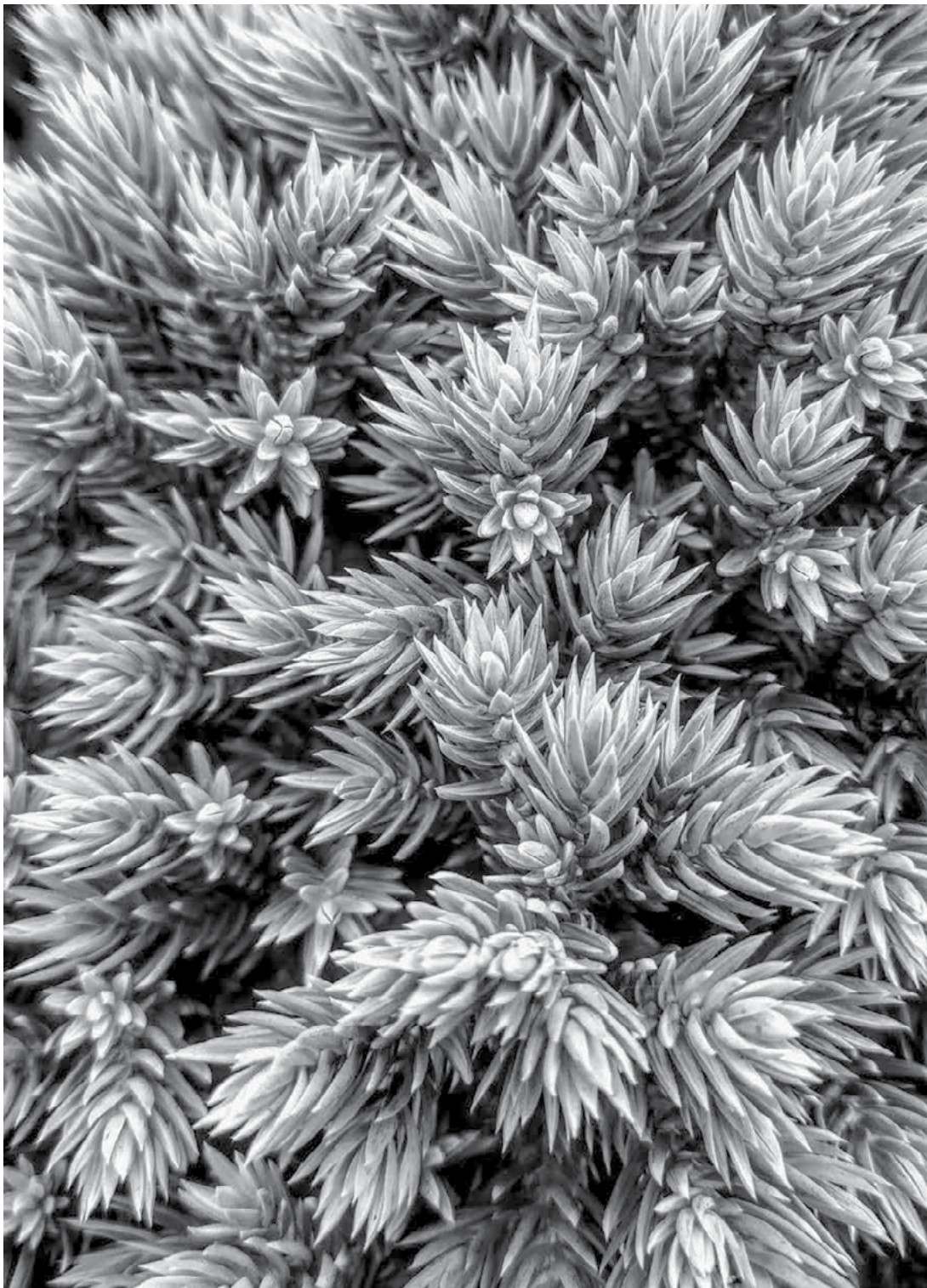
740 HRK
98,21€

ORGANIC MUM TO BE



Using natural organic olive or almond oil, this massage nurtures the skin and soothes the body and mind. 50'

675 HRK
89,59€



SIGNATURE RITUALS

Each of our rituals is a story, and each is interpreted through a carefully designed palette of sensations, movements and scents of the Mediterranean. Choose the one you prefer, indulge in a new dimension of wellness and discover the authentic side of our destination that you will long remember.

MEDITERRANEAN ESSENCE RITUAL



Long, gliding strokes that improve circulation combined with deep tissue massage and full body reflexology. Reduces pain and muscle tension, while slow and deep strokes offer greater stress and pain reduction and improved sleep. 75'

800 HRK
106,18€

MEDITERRANEAN SECRET RITUAL



A ritual that includes a relaxing full body massage and exfoliation with golden sugar peel. This luxury full body scrub incorporates a combination of gold extracts and sugar to heal and revitalize the skin. 135'

1.300 HRK
172,54€

VOYAGER MESSAGE JOURNEY

A complete top-to-toe relaxation journey that echoes the movement of the sea combining both gentle and stimulating movements. Choose from: Uplift / Relax / Muscle relief. 90'

1.100 HRK
146,00€



BODY & SCRUBS

Body skin, as well as facial skin, requires care and attention. Targeted treatments using special massage techniques and certified organic products, rich in hydrating and beneficial nutrients, will regenerate, tone and deeply nourish your skin.

MEDITERRANEAN SUN RISE



Body peeling including sea salt, followed by face and body massage with rich antioxidative oil to hydrate prepare your skin for summer sun. 50'

700 HRK
92,91€

MEDITERRANEAN ORGANIC BODY SCRUB

A sea salt and aromatic essential oil body exfoliation with organic Mediterranean herbs as the main ingredient that regenerates, deeply nourishes and protects the skin, mind and body. 20'

260 HRK
34,51€

LIGHT LEGS

A successful treatment for cellulite and fluid retention that immediately makes you feel light on your feet. 50'

600 HRK
79,63€

BALANCE DETOX

A technique used to establish a balance between fluids in our organism. Thanks to this technique we can relieve the pressure to surrounding tissue, excrete lymph excess, provide relaxation and eliminate the feeling of "heavy legs". 75'

700 HRK
92,91€

OMOROVICZA GOLDEN BODY

This treatment involves an invigorating exfoliation with a golden sugar scrub, to help improve circulation and a soothing massage, with an oil redolent of ylang-ylang and enriched with gold particles. 60'

750 HRK
99,54€

HOT STONE

Helps to ease tense muscles and damaged soft tissues throughout the body for anyone who is experiencing muscle tension and pain, insomnia, or stress. 75'

770 HRK
102,20€



MANICURE & PEDICURE

REMOVE SHELLAC		150 HRK 19,91€
SHELLAC		350 HRK 46,45€
LUXURY SPA MANICURE	Classic manicure followed by organic peeling, mask and massage with nail polish for the final touch.	450 HRK 59,73€
LUXURY SPA PEDICURE	Classic pedicure followed by organic peeling, mask and massage with nail polish for the final touch.	500 HRK 66,36€
ORGANIC OLIVE FOOT CARE	 Exfoliation, mask and foot massage with natural olive products from organic olive groves. 60'	300 HRK 39,82€



WAXING

UPPER LIP	100 HRK 13,27€
UNDERARMS	160 HRK 21,24€
ARMS	200 HRK 26,54€
WHOLE LEG WITH BIKINI LINE	380 HRK 50,43€
CHEST HAIR REMOVAL	190 HRK 25,22€
BACK HAIR REMOVAL	190 HRK 25,22€



CHILDREN'S MENU

The imaginative and playful product textures, scented with vanilla, strawberries and chocolate, will make the treatments even more fun, while organic ingredients, such as honey and almond oil, will nourish delicate children skin.

The cosmetics are dermatologically tested and contain no parabens, silicones, sulphates, mineral oils, alcohol or phenoxyethanol.

MINI FACIAL

A nurturing children's facial treatment. 25'


260 HRK
34,51€

MINI PEDICURE


Nail shaping, cuticle care and nail polish.

260 HRK
34,51€

GLAMOUR TEEN

 A refreshing and nurturing facial treatment for girls and boys according to skin type. 45' **415 HRK**
55,08€

TEEN MASSAGE

 A body massage with scented Tranquillity oil. 30'

300 HRK
39,82€

TEEN MANICURE

Nail shaping, cuticle care and nail polish.

300 HRK
39,82€

TEEN PEDICURE

Nail shaping, cuticle care and nail polish.

300 HRK
39,82€

CONTACT

WELLNESS OPENING HOURS

from 08:30 to 19:30 hrs

The currency of payment is Croatian kuna.

Read about our cosmetics in our [RETAIL MENU](#)

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